

4-28-2017

Iowa State Daily (April 28, 2017)

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#IALEGIS

Crucial bills from Iowa’s 2017 state legislature

By Shannon.McCarty
@iowastatedaily.com

The 87th Iowa Legislature General assembly ended, and out of the 1,653 bills introduced 107 bills were completed. Here are some of the key issues introduced in this year’s session.

BUDGET

Iowa lawmakers made history creating the tightest fiscal budget since Gov. Terry Branstad returned as governor in 2011.

The total budget for the fiscal year beginning July 1 will be \$7.24 billion. As a result, Iowa State University lost nearly \$9 million in state funding.

ISU plans to absorb the budget cuts by holding off on certain updates, leaving certain faculty positions open and delaying the purchase of computer software.

In addition, ISU’s Leopold Center for Sustainable Agriculture will be closed from the legislature’s efforts to keep the state agriculture and natural resources budget flat.

“The budget cuts and the cuts of entire programs are a hard hit,” political science professor, Steffen Schmidt, said.

MEDICAL AMNESTY

Iowa State’s Student Government president, Cole Staudt, introduced a bill to state legislatures that would grant immunity to minors who need or report emergency assistance for overconsumption of alcohol.

The bill passed unanimously on both the Iowa Senate and the House subcommittees. The Senate altered the original bill by removing opioid protection. Whether the bill will go into effect will not be determined until next session.

GUN RIGHTS

Republican Iowa legislators successfully expanded gun rights by providing a “stand your ground” provision making it legal for a law-abiding person to use deadly force before retreating.

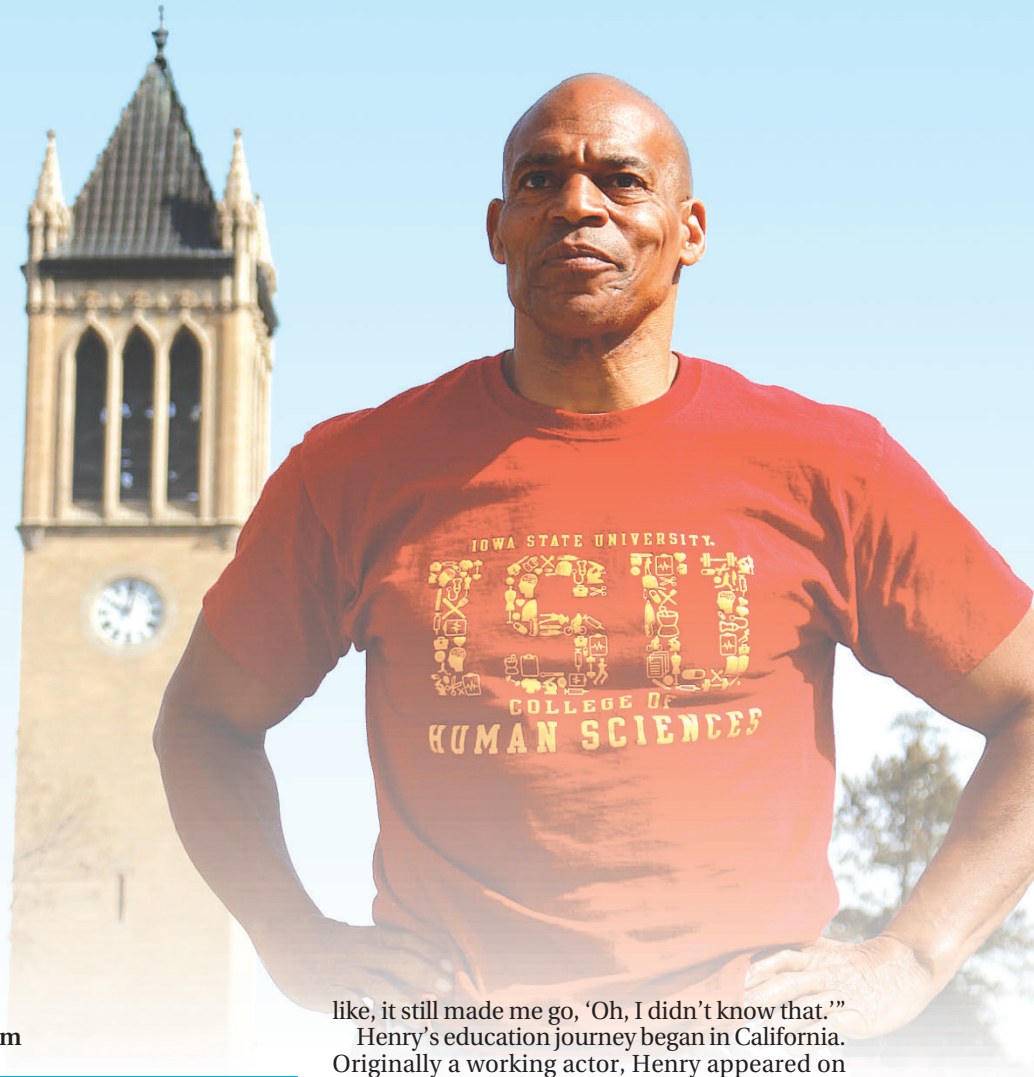
The bill also legalized short-barreled rifles and shotguns. In addition, the House file allows for the carrying of a concealed weapon in the Iowa Capitol and extends permits to carry weapons from one year to five.

MEDICAL MARIJUANA

Iowa’s cannabis oil program was expanded. With the passing of the bill marijuana will be able to be grown in Iowa and dispensed as oil for those in need. Gov. Branstad will most likely sign the bill as long as there are no unintended consequences that would allow for recreational use.

AN UNCOMMON ADVENTURE

NON-TRADITIONAL STUDENTS ENRICH CAMPUS



By Rachel.Ori
@iowastatedaily.com

When most people picture a college student, youths are typically the first to come to mind. However, the motivation to learn doesn’t have an age limit.

In the fall of 2016, Iowa State saw over 1,800 transfer students on campus. These students range from those coming from various community colleges, to older students who are going to school for the first time in years.

Jeff Henry, senior in psychology, started his education later than most undergrads.

A transfer student, Henry began at Iowa State in 2013.

“I have learned so much here through all the different classes,” he said. “Even in classes I didn’t

like, it still made me go, ‘Oh, I didn’t know that.’”

Henry’s education journey began in California. Originally a working actor, Henry appeared on shows such as CSI New York.

While on set one day, Henry heard members of the crew talking about where they went to college, with all the schools listed being in the West and Midwest region.

This interaction, along with inspiration from his mother, motivated Henry to go back to school.

Starting at a community college in California named El Camino, Henry worked his way towards his degree in kinesiology and health.

After obtaining 3 two-year degrees at Des Moines Area Community College, Henry obtained his degree in kinesiology and health from Iowa State in August 2016. Henry will obtain his degree

NON p8

YWCA on mission to eliminate racism, empower women

By Whitney.Mason
@iowastatedaily.com

The cool and windy temperatures did not prevent almost 20 participants from standing outside at the corner of Lincoln Way and University Boulevard to with one simple message: stop racism.

Drivers passing by saw the signs saying “stand against racism” and many honked their horns, waved or just glanced as they drove past down Lincoln Way.

The stand against racism campaign is a national and annual YWCA event where in April each community is encouraged to do something in hopes to bring awareness to ending racism in society.

While each year the Ames-YWCA has something small acknowledging the national event, this year the Ames organization decided to take a physical stand for everyone to see.

“We want Ames to take a stand,” Kristin Johnson, board director said. “We want to have an actual presence in the community.”



A peaceful protester stands on Lincoln Way with members of the Ames-ISU YWCA for a peaceful stand of unity against racism.

Johnson said that the mission of the organization is to support and empowerment to women and minorities and encourage community collaborating in hopes of uniting one another within the community.

Angela Merrick, another board

member also said that Ames YWCA’s International Friendship Fair is another program the organization puts on where children in the community are introduced to other cultures and perspectives around the world in the attempt to eliminate racism

early on.

“We don’t need to have boundaries,” Merrick said.

Merrick’s own personal experience with the event was taking her four year old son and him becoming intrigued with learning about other cultures.

Even though the cold weather almost deterred Toni Ruhl, a sophomore in Management and MIS, from attending the event, in the end she was excited that she went.

“I was nervous that people would take it as something not peaceful,” said Ruhl about people believing it to be a protest and not a stance.

Ruhl’s experiences in her high school lead to her decision to join YWCA once she came to Iowa State.

Ruhl’s small Iowa town saw a few African Americans and Ruhl could recall many of the African American students having to deal with racism.

One of the Ruhl’s friends who was African American later would take his life and the racism he encountered was a factor.

Ruhl now hopes to make a change and empower those around her.

The stand up against racism’s website has a pledge where people can make a pledge.

The Ames YWCA’s website has additional information on their other projects such as their mentoring program and International Friendship Fair.

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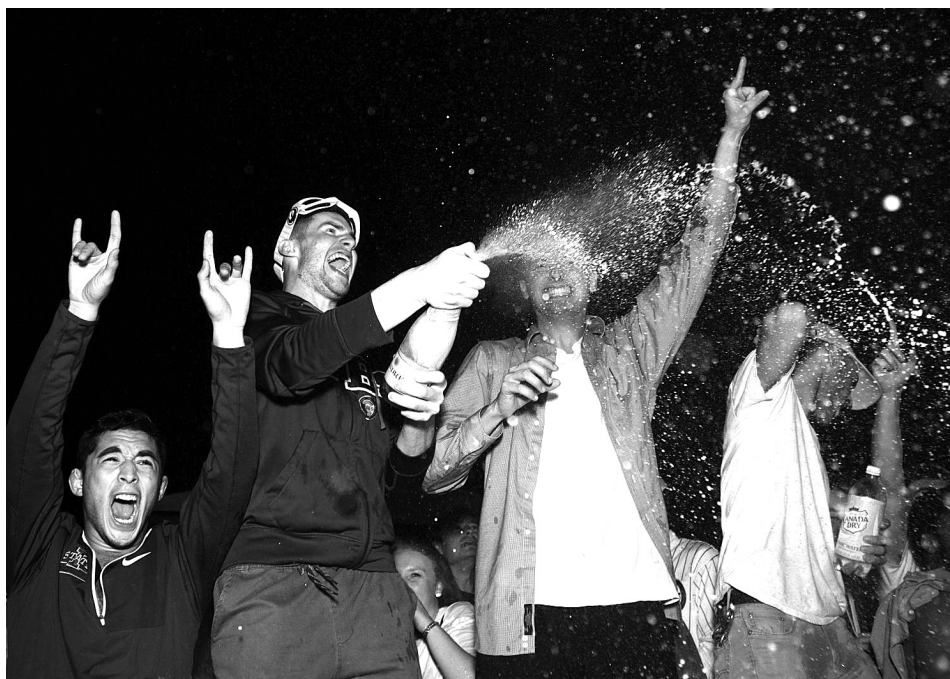
EMOTIONALLY CHARGED MOMENTS OF THE YEAR



Hannah Olson/Iowa State Daily
Wesley Harris, Hoodies and Hijabs solidarity march organizer, introduces an Iranian-American graduate student to speak about how the travel ban will affect his family and his studies.



Jill Itzen/Iowa State Daily
President Leath surrounded by the 'Not My President' protesters in Beardshear Hall on November 11, 2016. Protesters held their protest around the immigration statue located on central campus.



Max Goldberg/Iowa State Daily
Chicago Cubs fans take to the streets of Campustown to celebrate the 8-7 Cubs' World Series game seven win against the Cleveland Indians during the early morning of Nov. 3.



Max Goldberg /Iowa State Daily
Iowa State celebrates while receiving the Big 12 Championship trophy after beating West Virginia 80-74 on March 11.

WEATHER



FRIDAY

80 percent chance of rain with possible amounts between 0.25 - 0.5 inches.

47/38

Weather provided by the National Weather Service

POLICE BLOTTER

The information in the log comes from the ISU and City of Ames police departments' records.

Apr. 26, 2017

An officer initiated a drug related investigation after a drug violation was reported to the Armory Building at 1:16 a.m.

An individual reported the theft of a bicycle near Geoffrey Hall at 8:37 a.m.

An officer investigated a property damage collision in Lot 1

All those accused of violating the law are innocent until proven guilty in a court of law.

at 10:10 a.m.

An officer initiated a drug related investigation after a drug violation reported to the Armory Building at 11:07 a.m.

A welfare check was reported to Thielen Student Health Center at 3:22 p.m. Officers checked on the individual, who was transported to a medical facility for treatment.

IOWA STATE DAILY

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General Information:

The Iowa State Daily is an independent student news paper established in 1890 and written, edited and sold by students.

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294-4120

Newsroom

294-2003

Retail Advertising

294-2403

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284-5688

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Publication:
ISU students subscribe to the Iowa State Daily through activity fees paid to the Government of the Student Body.

Fall & Spring sessions:
The Iowa State Daily is published Monday through Friday during the nine-month academic year, except for university holidays, scheduled breaks and the finals week.

Summer sessions:
The Iowa State Daily is published weekly on Wednesdays and digitally on a daily basis.

Opinions expressed in editorials belong to the Iowa State Daily Editorial Board.

The Daily is published by the Iowa State Daily Publication Board, 2420 Lincoln Way, Suite 205, Ames, Iowa, 50014.

Subscription costs:
Subscriptions are 40 cents per copy or \$40 annually for mailed subscriptions to ISU students, faculty and staff. Subscriptions are \$62 annually for the general public.

The Publication Board meets at 5:15 p.m. on the fourth Wednesday of the month during the academic school year.

Postmaster:
(USPS 796-870)

Send address changes to:
Iowa State Daily
2420 Lincoln Way, Suite 205
Ames, Iowa 50014

PERIODICALS POSTAGE



Alec Giljohann/Iowa State Daily
Michael Newton has been the police chief of the Iowa State Police Department for nearly a month. Previously the chief of the University of Wisconsin's police force, Newton is still adjusting to the different challenges.

Prioritizing mental health

New Iowa State police chief adjusts to Iowa State

By Danielle.Gehr
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Nearly a month on the job, Iowa State Police Chief Michael Newton continues to adjust to a new campus.

With nearly a 100,000-citizen difference, Newton noticed several differences between the Iowa State and University of Wisconsin Maddison communities.

Currently, he is meeting with community members, studying Iowa law, which varies slightly from that of Wisconsin, and looking forward to new plans.

In Wisconsin, Newton was the board president of the National Alliance on Mental Illness (NAMI). Looking into NAMI Iowa, Newton makes mental health a priority.

"One of my other strong areas that I want to be involved in here, mental health was really important to me of making sure that we have the right systems and processes in place to help students or faculty and staff with mental health concerns," Newton said.

He said that he is excited to see that the student leadership has put an investment in mental health. Newton is waiting to get completely settled as chief before getting officially involved with NAMI Iowa.

"Over the years, law enforcement has sort of

ebbed. We used to have a lot of social service agencies and the social service agencies that would assist with mental health issues and concerns," Newton said.

Now, he feels that there has been an influx of mental health cases on college campuses causing more of a need.

These cases have often ended in arrest and situations where Newton says mental health treatment would have been the better solution.

When it comes to training, he is satisfied with the extent of training the officers received, but he said that the department is understaffed, which is something he plans to work to improve over time.

The training he would like to implement would deal with mental health, specifically teaching officers how to de-escalate a situation.

"It also teaches that it's the illness, not the person. It helps them recognize that sometimes people who are in a mental health crisis act out and act differently," Newton said.

Parts of the training also help the officers think from the perspective of the person bearing a mental illness. This will lead to a better understanding of what it is like to have a disorder like schizophrenia.

One part of the ISU police that he said was thriving was the community outreach. Currently, the officers are nearing the end of their spring campaign.

"Our outreach folks really have a good grasp

on what's popular with students and that excites me because I think all too often, sometimes in campus law enforcement, we'll forget the reason we're here is students," Newton said.

He said that one of his goals is to engage all three sectors of a campus community – faculty, staff and students.

Through the numerous meetings that Newton has been a part of this past month, he said that a lot of the student feedback was that they wanted to see more of the campus law enforcement.

He's not sure exactly what to make of this feedback or how to work to improve this. Newton is open to any feedback that the community has for the department.

"From my experience, I came from an organization that was really heavily steeped in community policing and, you know, we had residence hall liaisons there and other things, so I'm looking at how can we leverage some of that here," Newton said.

Through this engaged community policing, Newton feels that it will lead to those they serve will go to them with things rather than them hearing about it after the fact.

Newton acknowledged that the Iowa State community already has a high opinion of their police department, but sees room for improvement.

"I don't want the campus to just be supportive of us, I want the campus to advocate for us."

Addressing micro-aggressions on the basis of gender, sex



Blake Lanser/Iowa State Daily
Rebecca Dailey, president, recruited for Civil Ladies in Engineering, a new club on campus that is open exclusively for women in engineering. The club helps women secure jobs once graduation comes.

By Andria.Homewood
@iowastatedaily.com

Women are still experiencing small acts of discrimination, even in fields where there are more women than men, according to some students and faculty.

These small actions of discrimination, also known as

micro-aggressions, are subtle actions a particular group of people get from others that would be considered discriminatory.

The faculty within the Department of Agricultural and Biosystems Engineering still see that trend in the students who enroll within the department.

Women sign up for Bio-

logical Systems Engineering more than any other major in the department. However, they still see these negative stereotypes placed upon women that can lower their self-esteem.

For the spring 2017 semester, there are 790 students in the Agricultural and Biosystems

MIRCO p7

Students share spirituality

By Elizabeth.Jacavino
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She had lost everything. Her hopes. Her dreams.

It all vanished as the doctors told her a torn anterior cruciate ligament (ACL) had ended her gymnastics career.

Natalie Nelson proceeded to her car, sat down and cried. It was then that she looked up and saw a comforting sign, the only thing that she felt could help her get through this — a cross painted outside on a wall. Her car was facing it. Nelson knew this was no coincidence. In Nelson's time of need, she felt that her God was present to comfort her. That was the first time she felt his presence.

Religious experiences take many different shapes and forms for different individuals, but they all create a stronger connection between the person and their god.

Nelson, a Lutheran Christian, had always been religious. The sophomore in kinesiology and health attended church

on Sundays at Lutheran Church of Hope in Des Moines. She is a member of SALT at Iowa State and prays regularly.

The moment in the car while she was in high school was different from any other moment, she said.

"It was just the worst part of my life at that point," Nelson said. "I saw that cross and I thought God was going to be with me like he had been in the past."

At first it was a comforting symbol and then it became more.

"I was like, well, it's probably not a coincidence that I happened to park my car at this exact point on this certain visit to the hospital," Nelson said.

While Nelson's first religious experience happened while she was in high school, some people experience them at a much younger age.

Elizabeth Garzon, senior in global resource systems, had always gone to a Catholic school. Garzon was at a church camp in the seventh grade when her group split off

for an hour of reflection and prayer. She sat on the ground and proceeded to cry.

"It was just a realization," Garzon said. "I felt a sense of warmth."

For Garzon, the story of Jesus Christ was no longer just a story. It became something she believed.

"I was sort of meditating on the fact that someone actually died for me," Garzon said. "I think that is why I was so emotional. ... It's just a sense of worth."

Hannah Adams, sophomore in elementary education, felt that same sense of worth when she became a camp counselor for Camp Wapo.

For two months, Camp Wapo, a Lutheran camp in Amery, Wisconsin, centered around Christ and Bible teachings. Adams wasn't certain in her faith when she first started camp.

"I came into camp really cynical about God," Adams said. "I had a really rough second semester. I just had a lot of hatred toward anything."

RELIGION p7

Sudoku *by the Mephram Group*

	6			5			3	
	9		2				6	
4								8
2	7							
	5		9		1		4	
				3			1	6
9								4
	1			6	3	7		
			1			9		

LEVEL:
1 2 3 4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

Crossword

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17					18					19				
20					21				22					
		23		24				25						
26	27					28	29			30	31	32	33	
34				35					36					
37			38			39				40				
41						42			43			44		
45					46							47		
				48	49				50					
51	52	53				54	55			56		57	58	
59						60				61				
62					63					64				
65					66					67				

- Across**

1 Minor error
6 Catcall
10 Vishnu incarnation
14 "This Old House" carpenter Norm
15 Like many a shoppe
16 Color of Death's dart, in "Venus and Adonis"
17 What an angry mermaid might do?
20 Not many
21 Pop's bro
22 Hard to figure out
23 "Baseball Tonight" airer
25 Not good
26 What an angry Santa might do?
30 Frozen dessert franchise
34 Part of NCAA: Abbr.
35 Don't exist
36 Pong developer
37 Supermodel Cheryl
39 1860s govt. for four years
40 Still in bed
41 Accustom
42 Western Wyoming county
44 ___-Foy, Quebec
45 Tabula ___: blank slate
46 What an angry Humpty Dumpty
- Down**

1 Internet connectivity frustrations
2 Peek-___
3 Titan who gave fire to humans
4 Least risky
5 "Unbelievable" techno-funk band
6 Philosopher Locke
7 Gas alternative: Abbr.
8 Former "Tonight Show" announcer Hall
9 Be strongly pervaded with
10 Keep apprised of one's activities, as a superior
- 11 Assist with a crime
12 Chamonix peak
13 Garcia of "Ocean's Eleven"
18 Pitch-changing pro
19 Brian who produced or co-produced several Talking Heads albums
24 Terrible twos, one hopes
25 Chips-to-be
26 Fan's opposite
27 Turner memoir
28 Parish head
29 First stage
31 String-pulling game
32 Ogre
33 "Holy mackerel!"
36 Lennox of the Eurythmics
38 Elementary level
43 Book club leader for 15 years
46 One following a course
47 Worked for
49 Big ape
51 Times to call, in ads
52 Field machine
53 Flammable pile
54 Branch of Islam
55 Hammer part
57 Lose one's cool
58 Quiz
60 Do one's best
61 Aquafresh tube letters

Horoscopes *by Linda Black*

Today's Birthday (4/28/17)
You're coming into your own this year. Take a strong stand, and lead. Handle details in the planning phase before 5/20. Communications with integrity provide the key to unlock doors. Restructure finances to increase savings as accounts grow. After August, dedicate time to home and family. Autumn changes reveal a new view.

- Aries - 8**
(March 21-April 19)
Promise the family something they want, other than time with you now. Keep communications flowing. Conditions seem to be changing. Ask an expert for the information you need. Partner with fun.
- Taurus - 8**
(April 20-May 20)
Finishing old business leads to more coins in your pocket. Enhance your appearance. Get something you've been wanting for home and family. You advance through the kindness of others.
- Gemini - 9**
(May 21-June 20)
Discover a way to save money on a regular expense. Work smarter, and abundance flowers. Call in for reinforcements, if the workload gets too busy. Keep track of the numbers...
- Cancer - 7**
(June 21-July 22)
Work on family projects for an intimate learning experience. Discovering your roots explains personal mysteries. Get inspired today and tomorrow. Pay back a debt. Find an excellent deal.
- Leo - 7**
(July 23-Aug. 22)
Team projects go well today and tomorrow. Generate enough. You don't have to accept the low bid. You can find a sweet deal. It's wise to listen to an authority figure. Your friends stand up for you.
- Virgo - 8**
(Aug. 23-Sept. 22)
Make affordable improvements. Go for efficiency and time-saving devices. Develop a comprehensive plan. Personal commitments take priority over public. Consider career advancement.
- Libra - 6**
(Sept. 23-Oct. 22)
Let the chips fall where they may. It could get chaotic. Call if you're going to be late. Savor a moment of bliss. Get lost in personal or educational exploration. Obsess on details and discoveries.
- Scorpio - 7**
(Oct. 23-Nov. 21)
Compromise is required, and it comes easily. A partner says nice things about you. Discuss joint finances today and tomorrow. Don't test limits now. You're gaining wisdom. Pass it forward.
- Sagittarius - 7**
(Nov. 22-Dec. 21)
Study the market before investing. Gather more information, and listen to an older person's complaints carefully. Keep track of details. Ask friends for recommendations.
- Capricorn - 8**
(Dec. 22-Jan. 19)
New contacts increase your influence. A critic keeps you on course. They love you. You're luckier than usual today and tomorrow. Don't argue with gravity, though. Dwell on sweet memories.
- Aquarius - 7**
(Jan. 20-Feb. 18)
Somebody up there likes you. Don't mess it up by being rude. You're making a good impression. A barrier dissolves or fades in importance. Working at home goes well. Strive for balance and fairness.
- Pisces - 8**
(Feb. 19-March 20)
A loved one thinks you can do anything. With help, what you want comes your way. You're building for your future. Polish your presentation. Add a touch of color. Use talents you've been keeping secret.

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DOT enforcement officers “must complete a 16-week field-training program and the 14-week basic law enforcement training course; complete a psychological test; pass a physical agility test; submit to a polygraph examination and background and criminal-history investigation” to become a part of the force.

Stop complaining, pay your tickets

DOT is functioning as intended by enforcing traffic laws

By Alex.Felker
@iowastatedaily.com

Why are we so concerned about which arm of the state is issuing speeding tickets? Judging from public outcry, I would’ve thought the DOT was prowling around Walmart parking-lots keying windshields and stealing hubcaps—not issuing moving violations to individuals breaking the law, endangering the lives of themselves and others. Apparently we’ve accepted that our legal system’s righteous sense of propriety is more important than safety.

These rogue, rascally DOT enforcement officers “must complete a 16-week field-training program and the 14-week basic law enforcement training course at the Iowa Law Enforcement Academy; complete a psychological test; pass a physical agility test; submit to a polygraph examination and background and criminal-history investigation; have no record of felony offenses; and undergo periodic firearms qualification” as pointed out by the Des Moines Register Editorial Board.

Even so, that they are skulking about our interstates issuing offenders speeding tickets is apparently

grounds for public uproar. Meanwhile, the state legislature seeks to spend its time and money “fixing” our apparently rampant voter fraud, the state’s water quality is in the dumps and our public universities continue to battle perennial budget cuts.

And now, we ostensibly ask the legislature to drop what they’re doing so they could pay back 20,000 speeding tickets “wrongfully” issued. I might call this whole unproductive ordeal a surprisingly worthless use of time, but then I would be raising expectations unreasonably high.

Here’s the issue: Picking on massively bureaucratic organizations like the Department of Transportation—for being massively bureaucratic—is valueless commentary. I may just as well write a letter of complaint to the DOT’s administrative headquarters, scan and copy it around three or four thousand times, scatter these leaflets about the premises of the nearest dump and hire a local boy to take video of my doing it. The public will be just as perplexed and angry as they are now, and no one will be the better for it.

The accusation that the state might be “unjustly enriching” itself is absolutely preposterous. These DOT-issued tickets account for less than two million dollars of payments in five years’ time—this is pure pocket change to the state. And even were this the case, what is our criticism?

Apparently, it is to shame this dirty government agency for filling the state’s coffers with law-breaker’s money, and then daring to spend it in

the maintenance of our public infrastructure. What a rotten thing to do.

If it is now time to be upset at the DOT for pulling over speeders—as it apparently is—then why should we not bother to ask why these tickets are being issued in the first place? Might it possibly be because there is a real need for their being issued? An actual safety concern—an actual desire to patrol our freeways and the reality of our traditional law enforcement’s inability or unwillingness to do so to the extent the DOT is interested in?

These seem to be statements accepted by most, as these same critics call for the legislature’s rewriting of the law. If this is the case, then why are we so chagrined by the DOT’s preempting of the law if it will supposedly be imminently accepted formality? I understand that two Iowa judges have ruled the DOT’s ticketing illegal—but would they have done so, and would these cases have even been brought before them were it not for our inexplicably turned public opinion?

The truth is that this is the worst kind of criticism. We’re getting ourselves and others all hot-and-bothered for no meaningful purpose, and only because the fruit is dangling oh-so-low and looks oh-so-juicy. If you find yourself pulled over for speeding, and become emotionally enflamed at the sight of a “DOT” emblem on the side of your pursuer’s car instead of something else you were looking for, then please go ahead and stay enflamed. But pay your ticket just the same.

Brandstad to act as ambassador to China

By Nolan.Wright
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In approximately one week, the former Governor of Iowa, Terry Branstad, will most likely be nominated as the ambassador to China. Electing the governor of a Midwestern state to be ambassador to a superpower with very different policies, cultures and agendas might not seem like an appropriate move. While Branstad may not be a perfect candidate, the validity of choosing him for the post is certainly more nuanced than that.

Rather than having a relationship with China, Governor Branstad has a decades long relationship with China’s president, Xi Jinping. In 1985, Jinping, who was at that time on a committee to learn about modern farming in the United States, visited Iowa to get a personal understanding of U.S. agriculture. He met with Branstad, who holds the record as Iowa’s longest serving governor.

The two have met frequently in recent years, mostly regarding trade issues, Branstad visiting China to talk about exported food from Iowa. This seems to be the crux of the president’s



Gov. Terry Branstad, who was up for reelection in November of 2014, speaks at an early voting rally at Alpha Gamma Rho on Oct. 11, 2014.

reason for choosing Governor Branstad, as offering someone the Chinese government has publicly called “an old friend” seems like a highly effective olive branch.

So how effective of an ambassador will Governor Branstad be? Branstad, while an early supporter for Donald Trump, has a different approach to the United States’ relations with China. On a particular level, he strongly supported the Trans-Pacific

Partnership and increasing his state’s level of exports to China. These are narrow examples of what is not quite opposing views but certainly a different approach to the nation’s most important trade partner.

While Trump has held a hard-line stance on trade relations with China, which are central to his nationalistic approach to foreign policy, Branstad is generally in support of the largely neoliberal tendencies of recent

decades.

This may ease concerns, not only in Beijing, but also amongst Americans and other eastern countries concerned with the possibility of a fractured relationship between the two countries.

One point to keep in mind with regards to how Governor Branstad’s policies will affect foreign relations is his role as an agent of the president. If, as an ambassador, Branstad is faced with a choice over maintaining or contracting our trade relationship, he will be more likely to act as directed by the president.

Nonetheless, Branstad is entering U.S.-Sino relations when a shakeup is occurring between the two. China has for years been pressuring a move towards a new type of bilateral relations between the two countries. The Obama administration seemed concerned about allowing the country to frame the paradigm of U.S. relations.

Earlier this month, U.S. Secretary of State Rex Tillerson echoed President Jinping, saying mutual respect and benefit was necessary going forward between the two countries. This, to me, is a glimmer of hope for the future of our country’s foreign policy.

EDITORIAL



Lyn Keren/Iowa State Daily
The final weeks of a semester are the most intensive for students, full of studying and work to prove what was learned during their classes.

Take breaks to improve studying

Your very doom is soon approaching — your very success, rather — and now might be the best time to reexamine your study habits. It will be finals week in just two days, so why don’t we make these last few days count? Here’s a few exam tips that might be worth your consideration.

It has been scientifically proven that 20 to 50 minute intervals of intense study, with breaks of 10 or so minutes in between, is much more beneficial than a sustained, continuous effort which strains the mind and reduces comprehension and retention.

During these breaks, make sure to stay hydrated and well fed. Flex your eyes by focusing on objects in the distance, to reduce strain. Get fresh air, stretch and walk for a bit.

Do cardiovascular exercise. Not only has it been proven to improve memory and retention (in both the short and long term), but it is a great way to get some vitamin D and fresh air, both excellent for general health.

Change up your study routine. This means moving spots (try the library, try empty classrooms, try study rooms—anything to get you out of your own bedroom), properly managing your time and minimizing distractions.

This is the sort of advice we hear all the time, but rarely listen to. It’s worth making these sorts of changes, however, you won’t know the benefits until you try them.

If practice tests are available, give them your all. Similarly, if they aren’t available, come up with questions in groups to test your fellow classmates. This is absolutely one of the best ways to test for knowledge, and most importantly, the capability to use that knowledge in an exam setting. This is, after all, what you need to prepare for most.

Research actually suggests that it’s worth writing and copying, with pen and paper, your study notes. The action of writing and reading the material, slowly, is proven to help your brain absorb the information. This sounds of course like a horribly miserable use of your time, but such is life, and such is studying for finals. You won’t be miserable for much longer.

And, lastly, it’s worth it to treat yourself. Whether that means eating a favorite food or having a favorite drink, it’s important to recognize that this is a special time, and you deserve special treatment as you attempt to navigate the troubled waters of final exams.

Once you do make it through finals week, you’ll appreciate whatever preparation you put into doing well, as the grades come in and as summer begins. Good luck!

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PR MACHINE RUNS ON AT DRAKE RELAYS

Iowa State women’s track and field continues strong streak

By Kyle.Heim
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The Iowa State women’s track and field team has now brought “PR CITY!” to the Drake Relays. After setting 14 personal records last weekend and inspiring Iowa State assistant coach Andrea Grove-McDonough’s tweet regarding the recent improvements, the Cyclones picked up right where they left off with three of their four athletes competing Thursday recording personal-best performances on the second day of the Relays. The versatile multi-event athlete Emma Whigham led off for Iowa State with a career-high 5,200 points in the heptathlon, which placed her third overall in the event. Her new personal high ranks third in the Iowa State record

books. While redshirt junior Bethanie Brown was unable to defend her title in the 5,000-meter run, she still managed to post a season-best time, 16 minutes and 26.72 seconds, finishing 12th overall. She also believes, had she gotten a second chance at the race and not spent much of the first third of the race at the very back of the pack, the outcome would have been different. “I definitely started out too conservatively,” Brown said. “I just didn’t want to go out too hard and, you know, die, because I’ve had a couple of races where that sort of happens. I was trying to be conservative but definitely felt really good. Even toward the end, I was pushing pretty hard, but I got done with the race and I didn’t feel like I went to the well.” Brown has confidence now heading into Big 12s, not only

because she improved her previous 5,000-meter time by more than 12 seconds, but also because she knows there’s more in the tank. “I always like when I have a race I feel strong in because then I can leave feeling confident that my training’s going well,” Brown said. “It felt a lot easier than 16:39 felt a few weeks ago, so that’s a good sign.” Brown’s teammate, sophomore Megan Schott, ran nearly a minute and a half faster than her previous-best time in the 5,000, placing 23rd in 17:01.64. In her 5,000 debut, freshman Gwynne Wright finished 17:17.12, finishing 26th overall. Junior All-American Jhoanmy Luque and senior Allanah McCorkle will kick off competition for the Cyclones on Friday, with both scheduled to compete in the long jump at 10 a.m.



Emily Blobaum/Iowa State Daily
Iowa State junior Bethanie Brown crosses the finish line during the women’s 5000-meter at the Drake Relays in Des Moines April 27, 2017. Brown finished 12th with a time of 16:26.

Sam Clausnitzer caps off successful second day

By Mike.Burvee
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The final five events of the decathlon took place on the second day of the Drake Relays in Des Moines on Wednesday. Coming into day two, Iowa State’s Wyatt Rhoads sat in ninth place with 3,333 points. He ended up with 6,471 points, finishing in sixth place after some rocky results. Rhoads began his day competing in the 110-meter hurdles, coming close to his personal record, with a time of 15.58 seconds. In the pole vault competition, Rhoads tied his personal record, eclipsing a height of 13 feet,



Emily Blobaum/Iowa State Daily
Freshman Sam Clausnitzer competes in the 10,000-meter run at the Drake Relays in Des Moines April 27, 2017.

1.5 inches. He finished out the day on a high note, running a new personal record time in the 1,500-meter race. His record coming in was 4 minutes and 31.63 seconds,

which he topped on Thursday with a time of 4:27.60. “I came back out today with the mindset to compete and move up in the standings a little,” Rhoads said. “Running a PR is al-

ways nice, always good to finish on a strong note like that.” Former Cyclone and Des Moines native Taylor Sanderson also competed in the decathlon at the Drake relays. This was the seventh time Sanderson competed at Drake. Sanderson made it as far as nationals for the Cyclones last year in the decathlon. He was also named an All-American. “I couldn’t ever really make it recently to compete here because of Big 12s when I competed for Iowa State,” Sanderson said. “I love training and competing on this track.” Sanderson finished in second place in this year’s

Drake Relays. He could have earned some more points in the discus and long jump event, which could have pushed him over the top to get the victory. The men finished out day two with freshman Sam Clausnitzer, who competed in the 10,000-meter run. This was Clausnitzer’s debut 10K on a track, having mostly run in cross-country before this season. His last competition coming into this week was back in mid-March, when he competed at Tulsa in the 1,500-meter race. “I’m not too used to running a 10K, but my coaches had a plan for me,” Clausnitzer said. “The main focus was to get a negative split,

not having me breakdown after the midpoint in the race.” Clausnitzer started in the back of the field and remained there until around the halfway mark. From there, he kept dropping his lap times to mimic that of the leader, though he was still fairly far back. After 25 laps, Clausnitzer finished with a time of 30:38.52, finishing in 12th place. To top off his debut, he also had his parents there to cheer him on along the way. “I think it’s kind of cool, they don’t get to see me compete a lot and they made the drive down here to watch me,” Clausnitzer said.



Lani Tons/Iowa State Daily
Then-Iowa State freshman Chayanit Wangmahaporn, or “Kanoon,” and sophomore Celia Barquin partner up during practice.

Women’s golf moves on to NCAA Regional

By Ivan.Vega
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The Iowa State women’s golf team was selected to play in the NCAA Regionals, the NCAA announced Thursday. The Cyclones will compete in the Lubbock Regional Site at The Rawls Course in Lubbock, Texas. “We were a little on the edge than I would like to have been to be quite honest,” coach Christie Martens said in a press release. “I think it’s become an expectation (making NCAA Regional) and our players talk about that amongst themselves. Scheduling is also a big part of that, playing against good teams and being where we are. They definitely think about it. We are happy to be playing in the postseason.” The Cyclones are coming off a runner-up finish at the Big 12 Championship tournament in San Antonio, Texas, where they finished seven strokes be-

hind Texas. It was their best showing at the conference championship in program history. The tournament will be conducted May 8-10 to determine the championship field. A total of 384 golfers will compete in the regional competition. Of those golfers, 132 will advance to the championship.

Men’s golf takes 9th at Big 12s

Iowa State struggles on final day, now awaits fate at regionals

By Ivan.Vega
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The Iowa State men’s golf team finished in ninth place out of ten teams at the Big 12 Championship in Hutchinson, Kansas, after a 72-hole tournament on Wednesday. The Cyclones scored a 1,221 (328-285-293-315), beating only 10th place West Virginia, which shot a 1,251 (329-294-313-315). The tournament was challenging from the start, when gushing winds recorded from 35-45 mph impacted the players’ performance in the first day of competition Monday. Winds died down on Tuesday, but on Wednesday, the cold temperatures and returning high winds caused scores to rise once again. No. 18 Texas beat out No. 2 Oklahoma by a score of 1,168, one stroke ahead of Oklahoma, to be crowned Big 12 Champions. Iowa State’s senior Nick Voke was one stroke away

from finishing his fourth-straight top-10 individual performance at Big 12 Championships. He tied for 15th out of the 50 golfers, scoring a 296 (76-71-75-74). Ruben Sondjaja tied for the 23th spot, firing a 77 in the fourth and final round. He scored a 300 (79-73-71-77). Freshman Sam Vincent ended in the 38th spot. His final round score of 85 caused him to drop two spots in the tournament. He turned in a score of 311 (85-69-75-82) in his first Big 12 Championship. Denzel Ieremia finished in a tie for 43th after scoring a 315 (88-72-72-83). He dropped four spots from the previous day’s performance. Freshman Tripp Kinney finished 49th, scoring 323 (90-75-76-82), beating out 50th-place Max Sear from West Virginia, who shot a 326 (92-73-80-81). Despite the low finish in the Big 12 Championship, the Cyclones are in a solid shape to make their fourth



Lindsay Johnson/Iowa State Daily
Then-junior Nick Voke practices his chipping on Oct 7, 2015 at the ISU golf facility.

NCAA Regional appearance in the last six seasons, when coach Andrew Tank took over the program. The NCAA will announce its selection for the regional spots next Thursday on the Golf Channel.

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StuGov meets constituents

By Alli.Weaver
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It's dead week, but the Student Government's drive to keep students well represented is still alive and kicking.

The town hall event, hosted by the Student Government in the Multicultural Center on Thursday afternoon was attended by about 10 students.

These students were greeted by about 20 representatives from the Student Government throughout the three hour event.

The goal of this event was to allow students to meet their representatives, ask questions and express their concerns.

Student Government Vice President Cody Smith said that this event is intended to create a "social atmosphere where students from all cultures, backgrounds, anything that might be an identifier for them, feel comfortable coming to us with their concerns."

Attendees shared their thoughts and concerns about subjects such as budget cuts, campus housing and meal plan changes and how those things affect Iowa State students.

"We're trying to take steps to bring in students from all backgrounds and hear them out. This is one of those steps," Sen. Cody Woodruff said.

Although the turnout was not as high as anticipated, Student

Government President Cody West and Smith led a discussion among the present Student Government members regarding issues including what they would look for in the future president of Iowa State.

Keith Robinder, interim dean of students, informed the Student Government representatives of his views on this issue.

"I think I would like to see someone who is student-centered," Robinder said.

Education, Robinder said, is the primary focus of the institution, and the president should have a good understanding of that.

The town hall event was originally set to take place last week on Thursday, but West announced that it would be held this Thursday in order to get it done right the first time, rather than feeling rushed.

West and Smith said this town hall-style event will be recurring, possibly each month, starting next fall.

These are events that aim to reach out toward student involvement in the Student Government, according to the town hall Facebook page.

The last town hall, held by West and former President Cole Staudt, covered topics of diversity and attendees filled the Sun Room of the Memorial Union.

Staudt acted as the mediator as students brought up issues such as Eurocentrism in education.



Kennedy DeRaedt/Iowa State Daily

(Top) CALS Senator, Nathan Kimle and UROC Senator, Aleeza Mian, speak to a student about issues at Iowa State University. Student Government hosted a town hall meeting in the Multicultural Center in the Memorial Union on Thursday.

(Bottom) Finance director Steven Valentino and engineering senator Connor Theisen, speak to a student about issues at Iowa State.

MICRO p3

tems Engineering department, according to Iowa State University enrollment records. Of that number, 105 of them identify as female, and 45 of them are enrolled as a biological systems major.

Biological systems engineers create biologically based products from breakfast cereals to ethanol found in gasoline. They focus on sustainability, air quality and efficient food supply.

"[Women] tend to have a more natural drive toward helping society," said Steve Mickelson, chair of the department of agricultural and biosystems engineering. "Nationally, we see more females interested in environmental issues."

This preference for one specific major

leaves women in other majors sometimes without someone who are like them in their classes at Iowa State.

Marianna Overgaard, president of the Biological Systems Engineering Club, said that clubs are where women find other women like them and create tighter bonds.

Clubs also set them up for their male peers to speak about their female peers in a stereotypical manner.

"I often get comments from the guys who say that it's dangerous for a woman to be a treasurer," said Jessica Hanrahan, treasurer of the Agricultural Systems Technology Club. "They say 'be careful giving a woman all of our money, she'll go out and spend it all.'"

Stereotypes that all women spend money while out shopping or that they are bad at math are common micro-aggressions, even in a major where there are more women

than men.

"I didn't do well in physics," Overgaard said. "So my adviser questioned my ability to even complete my major."

Mickelson said that Iowa State has made great progress into hiring a more gender diverse faculty, but equal representation among genders doesn't lie solely in the hands of colleges and universities.

"Men are typically more hands on," Mickelson said. "It's because of society; girls just aren't playing around with wrenches when they're young."

Kurt Rosentrater, adviser for the Biological Systems Engineering Club, said that older generations still tend to hold on to this mindset.

And some women have experienced this generational gap first-hand.

"At career fairs, this guy interviewed me and doubted me," Hanrahan said. "He tried to push me toward a job that he thought was more suited for a woman."

However, Overgaard and Hanrahan, as well as hundreds of other women, aren't allowing societal normalities to hold them

back.

Women in Science and Engineering, or WiSE, helps women like them find the resources they need to succeed by offering free tutoring and a mentor for every woman involved according to their website.

However, some women do end up dropping out of science, technology, engineering or math based majors, after being discouraged because their grades start to fall.

Mickelson said that while talking with WiSE faculty, he learned that women who drop out of STEM majors think they are performing horribly compared to their peers.

However, when comparing the GPAs of women and men when they dropped a STEM major, the GPAs of the women were usually higher than men.

Mickelson said that this means women seem to think that failure happens as soon as they believe they aren't succeeding like their peers.

"I would tell young girls... don't be intimidated," Hanrahan said. "Yes, you'll have to work a little harder, but it will be worth it. Trust me, it's definitely worth it."

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RELIGION p3

Adams' second semester of college was marked by anxiety and depression. She said she questioned where God was during all of this and felt like he had left her.

"I was a super insecure and really just an unhappy girl on the inside, and then I got [to camp]," Adams said. "The amount of love I experienced was just the craziest thing."

For Adams, the most profound moment within her faith was seeing her God work through those children. She said that experience was when she realized his power. She said she could see the way God was present in those children's lives.

There were moments throughout Adams' time as a camp counselor when she felt her God's presence. One time, in particular, a little girl came up to Adams, hugged her and told Adams that she was beautiful.

"I had talked to God maybe an hour earlier about my insecurities," Adams said. "[It was] so out of the blue, but I had learned through camp that God was in the small moments."

A similar moment happened when Adams was drawing crosses on the kids' foreheads with water. Another little girl came up to Adams, dipped her hand in the water and drew a cross on Adams' forehead.

"Nobody asked her to do

that," Adams said. "There are just moments where he is so present and you just see him working through the children."

Adams said she felt overwhelmed in that moment.

"You see [God] answer your prayers through people," Adams said. "He uses our hands to talk to others."

"I WAS A SUPER INSECURE GIRL ON THE INSIDE, AND THEN I GOT [TO CAMP]. THE AMOUNT OF LOVE I EXPERIENCED WAS JUST THE CRAZIEST THING."

HANNAH ADAMS
SOPHOMORE IN ELEMENTARY EDUCATION

hospice care. Nelson said she knew that she needed to say goodbye to her grandmother.

"Right when I walked in there I just started crying," Nelson said. "It was hard for me to look at her. I just knew it was my last time to see her."

Nelson said she wasn't sure whether she should say her goodbyes because she didn't want to freak out her grandmother, but this was the only time she had.

"This big weight — something pressing on me — said that this was your time to say goodbye," Nelson said.

Nelson told her grandmother she loved her. She turned around just before she left and rushed back over to her grandma.

"She couldn't make a fist," Nelson said. "She was just so weak. But when I was telling her, 'I love you grandma, I have to go,' she grabbed my arm. She squeezed it. It was the coolest moment of my life."

That was so significant for Nelson because her grandmother was brittle. She couldn't speak or move.

"She hadn't been able to hold anything, but then she had God give her that strength to connect with me one last time," Nelson said.

Moments like that reinforced Nelson's belief, she said. While people may not have a constant feeling of presence, Garzon said that the feeling of inconsistency is to be expected.

"I think that is what faith is," Garzon said. "You just have to believe that he is there."

NON p1
in psychology this summer. Henry credits wrestling coach Kevin Jackson with encouragement to come to Iowa State.

“When he told me Iowa, I thought ‘Why?’”, Henry said. “But now that I’ve been here, I love it.”

Upon his arrival to campus, Henry tried out for the wrestling team. Because of his age, he was turned down, but was told he should consider club wrestling.

Henry took this suggestion, and joined the club wrestling team, where he found a community he belonged in on campus.

“It helped being around a team,” Henry said about his transition to Iowa State. Entering home and away tournaments, Henry won his age bracket at nationals at the University of Northern Iowa three times.

Henry said he pulled inspiration from him teammates, telling of workouts that would end in group hugs and positive words.

Henry said that he enjoys interacting with the younger students in his classes.

“You can’t be afraid to talk to and ask the younger students for help,” he said.

is another highlight from Iowa State that Henry will take with him. “Anyone who isn’t in college right now is behind on the knowledge that comes with working on computers,” he said. Asked if he had any advice for other older students, Henry said, “Don’t get frustrated, and hang in there.” “Do it for yourself and for your parents,” he said.

Dan Rice, Outreach Advisor and Transfer Relations Coordinator for the College of Liberal Arts and Sciences, said that transfer students can run into difficulties. “Transferring is not an exact science,” he said.

Iowa State offers what is called a Transfer Checklist for those looking to transfer to Iowa State from any Iowa community college. Listed by major, the different checklists compare courses from the two-year college to the equivalent course at Iowa State, and tell how the credits match up.

Rice suggested that transferring students look at not only this checklist, but also directly ask two questions before coming to a four-year university.

“Asking, ‘do you accept



Tim Howard, senior in marketing, is a non-traditional student who chose to continue his education after completing his service in the military. Ryan Bretoi/Iowa State Daily

this credit apply’ is very important,” he said.

With the LAS college holding more than half of the majors at Iowa State, it’s not unusual to find a mix of students with different backgrounds in any given classroom.

that they could face, transfer students offer different experiences and perspectives that other more traditional students hadn’t considered.

“Having [non-traditional students] adds to the richness of the student body and the education environ-

in with maturity.”

With all students facing transition periods, Rice said that non-traditional students tend to face the largest obstacles.

“They have a learning curve right away, having to learn a new campus and environment all at once,” he said.

Tim Howard, a resident of Ankeny, is a senior at Iowa State studying marketing, but like Henry, Howard took a path much different than the average undergrad.

Along with being a full-time student, he is a husband and father of three giving him an even greater load than most of his classmates.

Howard’s education journey took off after he joined the military in 1986. Two years after completing his duty, he obtained his Associates Degree from Des Moines Area Community College. From there, he attended Drake University, but left the university before graduating.

“I always told myself I would go back to school,” Howard said.

After his former company told him that he needed to obtain a four-year degree, he went back to DMACC in Carol, where he found that he needed to re-take more classes than anticipated.

Despite the work load, Howard was able to get involved on campus and take

advantage of the opportunities that DMACC presented to him.

Howard served as the President of Phi Theta Kappa, the honor society on campus.

After his years of hard work at the community college level, Howard was awarded the Coca Cola scholarship, which gave him a full ride to Iowa State.

Now, as he nears graduation, Howard said that his favorite part of his journey has been interacting with fellow students of all ages.

“Interacting with the different generations, and seeing how they think and do things so differently, is great,” he said.

Continuing, he said, “I’m at the age now where I can share what I know with them, and they can help me with technology.”

As for advice for younger students, Howard said that “showing up for class and participating in the discussions” is key.

For older students, he said that while it’s “hard to start up again,” getting your degree is “worth the sacrifices.”

“Always learn, and experience new things, college or not,” he said.

Outside of students, Howard said that he’s had a great experience with professors at Iowa State.

“Everyone here wants you to succeed,” he said.

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